



2024
HAPPY NEW YEAR

JANUARY 2024

2024 is an unusual year, a Leap Year, which comes only once every four years and provides us with an extra day, February 29th, 2024. So why not use this special occasion for the benefit of the greater good?

Last year Care BC supported 1499 homebound Meals on Wheels (MOW) clients with hot, nutritious meals and a comfort and safety check from our caring, dedicated, MOW volunteers. Most of the clients are elderly, live on limited, fixed incomes, and they do not have family available to help them.

“Receiving meals each day during the week is a godsend as I can no longer shop or cook for myself. I so look forward to seeing Gail who always brings me my meals with a smile. For a few minutes I feel so cared for and not alone.” – Anne



Care BC’s MOW programs rely on generous donors to help keep the meals affordable for vulnerable seniors, as we all continue to struggle with the increased cost of food and gas. Last year, 449 Care BC volunteers, like Gail, delivered over 144,000 meals to residents in need across Vancouver, Richmond and the North Shore.

We need your support more now than ever and additional funding for Leap Day, 29th February, to continue to nourish and support the MOW clients. To achieve this, we are setting a bold goal and asking you to join our **Big Leap Campaign** to help us raise \$29,000 by the end of February.

By giving a little extra this Leap Year you will make a real impact!

**A gift of just \$250 supports the cost of 125 meals
(which includes hot and frozen entrees and sandwiches and fruit)**

We hope you will consider joining us by supporting Care BC’s MOW programs, and especially seniors, like Anne, on this special Leap Year. Your gift today will be greatly appreciated and help make a significant difference in the lives of our MOW seniors!

Thank you for caring!

Inge Schamborzki, D. ED | Care BC Executive Director

Please join us and give today in support of vulnerable, homebound seniors!

Donate by returning the enclosed donation slip, or online: www.carebcfoundation.ca/donate-now-newsletter.

You’ll receive your tax receipt immediately after making your donation online.



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Charitable Tax No. 71276-8696-RR0002



龍年大吉喜迎春 關愛弱群顯愛心

龍年新春即將來臨,忙碌了一整年,相信很多朋友都期望農曆新年的到來,家人或親朋歡聚一堂,慶祝團圓過新年!全統的中國農曆新年都是熱熱鬧鬧、喜喜洋洋的,今年是龍年,這是中國人特別喜愛的生肖,龍年寓意龍馬精神、龍騰虎躍、龍代表好運、力量和健康!在此祝願大家新一年身體健康、龍馬精神、萬事勝意!

在卑詩護理會「送餐服務」的食餐者中,有59%為獨居長者,一半以上是超過80歲或以上,而有13%是超過90歲,他們大部份都是獨自生活,很少與社區接觸,特別在喜慶的節日裡,都會顯得孤單。我們的服務,不僅僅是一個餐,重要是義工們的關心問候和親切的笑容,都會帶給食餐者無窮安慰,特別在節日期間,這份溫馨是他們極需要的生活亮光!



就好像我們客人中黃婆婆和她的丈夫,居住在一個三百尺政府資助的廉租大廈,日常生活簡樸,黃婆婆因有脚患,行動依靠輪椅代步,而丈夫患有嚴重的聽覺問題,即使帶了助聽器,聽也是不太清楚的,所以早前送餐義工經歷了很多溝通障礙。到現在,大家有了特別的溝通方法才能順利地將餐食送到他們處。他倆子女身處海外,平時沒有任何親人探訪,而且自己行動不便,黃婆婆曾表示在某些節日裡,像農曆新年,就顯得特別冷清和孤單。

故此在春節期間,卑斯護理會特別會準備一些新年餸菜及紅封包送予食餐者,讓他們都可以感受到節日帶來的溫馨!黃婆婆表示非常感謝我們的安排,她說:「多謝義工們的送餐服務,每位義工都是和藹可親的朋友,我喜歡你們的食物,不僅是營養,而且價錢是我可以負擔到的,謝謝!」

在這慶祝新春節日裡,請紀念社區中那些脆弱群體,他們需要的不單單是一個熱餐,更需要的是社區關懷和聯繫。

謝謝你的支持!

A handwritten signature in black ink, appearing to read '蘇美' (May Soo).

May Soo | 中文項目總監 卑詩護理會

請慷慨捐助!

透過卑詩護理會的社區服務,幫助獨居長者可安家過生活!

網上捐款,可即時獲取退稅收據

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